

*** Multiple
locations on
Thursdays!**

Important!

Fall MOVE! Schedule for Weight Management Group Visits 2009 Portland

If you have questions about the MOVE! Program you can contact us at (503) 220-3482
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Tuesday	Thursday
<u>Sept 2009</u> Tu 9/1 or Th 9/3	What is in your food?	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 9/8 or Th 9/10	Introduction to the Benefits of Exercise	Physical Activity	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 9/15 or Th 9/17	Getting and Staying Motivated	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 100-200 Auditorium*
<u>Oct 2009</u> Tu 10/6 or Th 10/8	Trim the Fat	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 10/13 or Th 10/15	Strength, Balance and Flexibility	Physical Activity	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 10/20 or Th 10/22	Handling and Reducing Stress	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 101-109*
<u>Nov 2009</u> Tu 11/3 or Th 11/5	Sweets, Snacks and Hydration	Nutrition	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 11/10 or Th 11/12	Wild Card???	Top Secret	1pm to 3pm 101-201	9:30am to 11:30am 101-201
Tu 11/17 or Th 11/19	Self-Control and Impulse Control	Behavior	1pm to 3pm 101-201	9:30am to 11:30am 101-201